



GUJARATI CHICKEN MASALA (HOT)

Heat Rating: Hot

Serves 4

Ingredients:

- 2 tablespoons of Mama Dor's Gujarati Chicken Masala (Hot) spice blend
- 600g chicken (thigh works best)
- 300g natural yoghurt
- 2 tablespoons tomato puree
- 1 large onion, diced
- 2 tablespoons extra virgin olive oil
- 2 fresh green chillies, for extra heat (optional)

Method:

Make a paste by mixing the Mama Dor's Spice Blend with the yoghurt and tomato puree. Add the chicken and mix thoroughly. Marinate for at least two hours, ideally overnight. In a deep saucepan, fry the onion and chillies (if using) in olive oil, until golden brown. Add the chicken and marinade sauce and mix well. Reduce heat, cover and leave to cook for 30-40mins, until the chicken is cooked through. Stir occasionally. Serve with boiled basmati rice or naan bread.

Alternative Uses:

This is a versatile blend and you can substitute the chicken for vegetables or even halloumi / paneer to make a delicious vegetarian meal. It can also be used as a dry rub for oven baking or as a BBQ marinade.

Mama Dor's Kitchen
www.mamadorskitchen.co.uk
hello@mamadorskitchen.co.uk
07834 117272
fb.me/mamadorskitchen